

LIFESTYLES

HAWAII MARINE B SECTION

FEBRUARY 18, 2005

Right — An old wagon sits outside a Haleiwa surf shop, reminding visitors of Haleiwa's relaxed atmosphere as they enter the town.

Below — Dino Tantog, owner of Ray's Kiawe Broiled Chicken, turns the spit as he grills dozens of chickens for hungry passers-by. Ray's Kiawe is a mobile business that can accommodate functions anywhere on the island.



Haleiwa

Tucked away on the North Shore, the quaint seaside town of Haleiwa still remains vibrant after 100 years



Story and Photos By Sgt. Joseph A. Lee

Press Chief

Most visitors to Oahu manage to venture to the North Shore before the end of their visit. Some visit purely to say they've been there. With enormous crowd-gathering surf in the winter and pristine diving conditions in the summer, it's no wonder the North Shore is a checked box on most every tourist's list.



Though hard to miss, most visitors may get so preoccupied with the Pipeline, Sunset and Waimea Beaches some never enjoy what could be considered the true "heart" of the North Shore — Haleiwa.

Pronounced ha-lay-eve-a, the main town on the North Shore stands at the point where Kamehameha Highway reaches the ocean, 24 miles north of Honolulu. After a century of rebuilding and development throughout the majority of Honolulu County, this small surf town has somehow managed to stay relatively untouched, despite the fact that tourists have been going there ever since the building of the Haleiwa Hotel and the Oahu Railroad in 1899.

Since the 1960s, the beaches have become a mecca for surfers from all over the world. Some residents, likely lured here from California by the movie "Endless Summer," seem to have remained not only in Hawaii but also in the era. Riddled with surf shops, tie-dye clothing stores, organic-food restaurants and art galleries, the town and its residents can't seem to find reason to change.

"I've lived here all my life," said local business owner John McMillan. "I moved here in the early '70s to escape from city life, and I guess I succeeded. I've escaped and found my new home here — where the



sun and surf are always up!"

Kamehameha Avenue, Haleiwa's main street, runs for a mile from the Paukai Stream to the Anahulu River. After passing by several quaint malls, visitors arrive at the largest of the Haleiwa shopping districts, the North Shore Marketplace. Home to local favorite restaurants, art galleries, surf shops, and more, the North Shore Marketplace provide a warm atmosphere where one can park and spend the majority of an afternoon.

One surf shop, Strong Current, has a small section set aside as a Haleiwa surf museum that is crammed with historic boards, books, memorabilia and videos. Another building in the marketplace also claims to be a surf museum of sorts. This museum, free to visitors, traces the history of Hawaiian surfboards from hollow wooden boards of the 1930s to early fiberglass models from 1950 and 1960. It also houses a shrine to Duke Kahanamoku, the "Duke," as he was known, was a surfer, champion swimmer, Hollywood actor, and is said to be the "Father of Surfing."

Continuing along the main road, just before the river, visitors arrive at the "heart of Haleiwa," a short stretch of old-fashioned boardwalk lined with false-front wooden buildings.

One of these buildings, known as Matsumoto's, is a Japanese grocery store where large crowds huddle around the storefront, enjoying a local treat — what is claimed by many as "the best shave ice on the island."

"I had to see what all the excitement was about," said regular Japanese visitor Jenny Nagashima. "Every time I'm on the North Shore, I see this huge line. I finally decided to stop and try."

Nagashima said that Matsumoto's shave ice is softer and edible with a spoon, unlike a "snow cone" that is eaten by breaking off the hard ice with her teeth or waiting for it to melt with her tongue.

"They have all sorts of different flavors," said Nagashima, "and watching them make it is half the fun. I tell everyone at home about it, and they all want to come try."

Beyond the storefronts, there is a narrow bridge that crosses Anahulu River. Some refer to as the "Rainbow Bridge" because of its unusual shape.

Upstream, there are the inviting green hills of the Anahulu Valley, and the small bay at the river mouth is Waialua Bay, with Haleiwa Harbor located on the southwestern side.

Finishing their trek at the harbor, visitors can make a check in the box of the things-to-do on their vacation. There they find an abundance of services available — Jet Ski rentals, shark cage adventures, deep-sea fishing and scuba diving.

As visitors leave Haleiwa, crossing the Rainbow Bridge, they come upon the Haleiwa Alii Beach Park. This has been a

long-time favorite place for local kids to hang out, learn to surf or just tosses a Frisbee.

"There are sometimes free surfing lessons on weekend mornings in the winter," said local resident, 17-year-old Todd Martin. "But usually it's for local kids — I wouldn't recommend that tourists try surfing North Shore if they are inexperienced, because there are much easier locations around the island to learn. There are very tricky currents and stuff that would really make it not too fun to the beginner."

Martin suggests visitors to the beach park enjoy the park for picnics or take a swim in the shallower waters that are particularly serene during the summer months.

"It's heaven," said McMillan. "If there is a heaven, this is what I want it to look like. In my opinion, this is one of the most beautiful places on earth. The sand and the water are pristine. The land, and especially the people, exudes a warmth and friendliness that is unmatched."



Top — A.J. Tierno, a Surf 'n Sea employee, enjoys the weather as he waits for customers along the main road through Haleiwa. Big business in the winter, surfing draws enormous crowds during the winter months. Above — Jet Ski rentals and many other businesses can be found at the Haleiwa Harbor, just across the Rainbow Bridge.



Rainbow Bridge can be seen in the distance, as visitors check out Surf 'n Sea, a surf shop housed in a historic 1921 building. In addition to its everyday surf and water-related merchandise, the business is a museum of sorts, with a collection of old surfboards hanging from its ceiling.



The Self Storage Facilities, seen here under construction, will be ready for usage in April 2005. More than 260 units will be available to MCB Hawaii Marines, Sailors and their family members.

Yibeli Galindo-Baird

TLF now taking reservations for new self-storage facility

Yibeli Galindo-Baird

MCCS Marketing

Spring cleaning time is here. To some, it's one of the most torturous tasks of the season. To others, it's the long-awaited emancipation from clutter and disorganization. Regardless of how it is perceived, it virtually always results in the realization that more

space is needed to store those items that should have been disposed of last spring, along with the new items you now realize you don't really use. Instead of shoving everything back into another cabinet until next spring, a convenient and inexpensive storage alternative will soon be available.

Coming April 2005, the brand-new

Self-Storage Facilities at Kaneohe Bay will meet the storage needs of Marines, Sailors and their families. The lockers will come in various sizes to accommodate items of all shapes and sizes. The facility, which will be located at the intersection of Reed Road and Mokapu Street, will consist of 264 lockers with dimensions starting as small as 5-feet long, 5-feet wide and 5-feet high and as large as 10-feet long 15-feet wide and 10-feet high. The facility will have 24-hour video surveillance and will be accessible via a secured gate that can only be opened with a FOB or keypad code. Some units will also feature air conditioning — perfect for those items requiring protection from the elements.

Mia Ng, Temporary Lodging Facilities Manager, hopes that all MCB Hawaii community members will take advantage of this new service. "This is something that the base needed. We offer pricing that is at least 25 percent less than the competition, so it will save money, add storage options for the families and make money so we

can continue offering our other MCCS services."

All users will be required to leave a deposit equivalent to the first and last month's rent of their unit. Rental rates are dependent on the size of the locker being rented and are payable month to month. Renters will only have to provide their own lock and plenty of "stuff" with which to fill in their unit.

Because great demand is anticipated, advance reservations are now being taken through The Lodge at 254-2806. Currently, only the callers' name and contact information will be manually added to a waiting list in the order in which their call was received. Upon the arrival of secure reservation software, those on the list will be contacted for additional information and a credit card. This is a great opportunity for Marines deploying and looking for a place in which to store their household goods.

Call The Lodge at 254-2806 to make your reservation today or send an e-mail to thelodgearkbay@usmc-mccs.org

MARINE CORPS COMMUNITY SERVICES

WWW.MCCSHAWAII.COM

Possibilities in Paradise



Kahuna's Bar & Grill
254-7660/7661

Latin Night — Start the three-day weekend off right with the energetic rhythms of El Conjunto Tropical playing their upbeat tunes live starting at 10 p.m tonight.

Kaneohe Bay Metal and Hardcore Festival — Come to Kahuna's Community Ballroom for a rocking good time Saturday.

Doors will open at 7 p.m. with the bands performing at 8 p.m. The event is open to guests ages 18 or older and is free.

This year's bands are San Francisco's "Arsinic," Honolulu's own "De Bauch" and "Shadows of Sanctity," "Khrinj," from Maui and "8mm Overdose," a frequent Kahuna's performer.

Hot Country Nights — If country is your thing, Wednesdays are your nights. DJ Stan makes his last appearance this month at Kahuna's. Bull riding will also be available. Doors open 6 p.m.

Latin Night — It's all about Latin rhythms and upbeat tempo with El Conjunto Tropical, the live band that promises to keep you dancing the right way. The music begins Feb. 18 at 10 p.m.



Staff NCO Club
254-5481

Okinawa Night — A first-time event for the club, Okinawa night promises to bring back culinary memories of the tastes of Okinawa to those who have been there and pleasantly surprise the taste buds of those who have not. Featuring soba noodles, yakitori, yakisoba and taco rice and cheese, this event will also include karaoke and DJ music from 6 to 8:30 p.m.

Proudly sponsored by the Staff NCOs of 3rd Radio Battalion. Cost is \$7 for club members and \$10 for non-members.

All Hands

Lifestyle Insights, Networking, Knowledge and Skills Session (L.I.N.K.S.) — Lifestyle

Insights, Networking, Knowledge and Skills empowers spouses by teaching them about the military and Marine Corps life, financial issues, benefits aboard MCB Hawaii, and the opportunity to network with other spouses like themselves.

To sign up, call L.I.N.K.S at 257-2368. This month's class runs Tuesday and Wednesday from 5:30 to 9 p.m. on both days.

Key Volunteer Training — This training is for spouses interested in becoming a Key Volunteer. KVs serve as a communication channel before, during and after times of deployment, and so much more. Training will be held Tuesday through Thursday from 8:30 a.m. to 12 p.m. at the KV House, Building 3022.

To register, call 257-2410.

Ongoing



Fix it Yourself — Want to do a little work on your prized vehicle but don't have the space or tools to get the job done? Cruise on over to the Auto Skills Center located at Building 3097, next to the 24-hour car wash, and utilize their tools to get your baby back in top form.

Certified Hawaii Safety inspections are also available weekdays from noon to 6 p.m. and weekends and holidays from 9 a.m. to 3 p.m. For more details, call 254-7674.

Entertainment Books — The 2005 Entertainment Books with great discounts on all of your favorite activities and restaurants in Hawaii is on sale now. The books cost \$30 and make great gifts.

For more details, call Information, Tickets and Tours at 254-7563.

Mega Video — Check out these weekly rental specials.

Monday — Rent one new release, get one category movie free.

Tuesday — Rent a video game at regular price, and rent a second one for \$2.50.

Wednesday — Rent



three new releases, VHS or DVD, receive an extra day rental.

Thursday — Rent one DVD at the regular price; rent the second one for \$1.75. This includes new releases.

Friday — Rent family and children's movies for 75 cents. Sorry, no new releases.

Saturday — Rent any basic stock movie, no new releases, for regular price and rent the second stock movie for \$1.25.

Sunday — Rent any Sunday Special movie for \$1. Each week is a different section. See store calendar for selected section.

Swing Lessons — Kahuna's Ballroom will teach you how to dance. Every Monday, swing dance lessons will be taught from 7 to 9 p.m. The cost is only \$2, so grab a partner and get ready to twist, twirl and spin the night away.

For more information, call Kahuna's Bar & Grill at 254-7660.

Salsa Lessons — Impress her with your fancy foot and hip action. Take a few salsa lessons at Kahuna's Ballroom every Tuesday from 7 to 9 p.m., and you will be set to hit the town. Lessons are \$2.

For more details, call Kahuna's Bar & Grill at 254-7660.



Tradewind Travel — If travel is in your future, look to Tradewind Travel to book your next trip. Located in Mokapu Mall, Tradewind Travel can arrange mainland flights, inter-island packages, Norwegian Cruise Line packages, and, most recently, a five-night Sydney, Australia package.

Tradewind Travel is open Mondays through Fridays from 10 a.m. to 6 p.m. and Saturdays from 9 a.m. to 2 p.m.

For more information, call 254-7413.

Mongolian Barbecue — Don't feel like cooking dinner? Every Wednesday and Friday night, head out to The Officers' Club for Mongolian Barbecue and leave the work to the professionals. Dinner is buffet style. Select

your favorite veggies and meat, including chicken, shrimp, pork and beef. Pile your bowl high, and kick it up a notch with a sauce of your choice, then watch the grill masters flip, sauté and grill your dinner to perfection.

Mongolian Barbecue is served every Wednesday and Friday at 5:30 p.m. For more information, call the club at 254-7649.

ASYMCA Playmornings — Children and parents are all invited to come have fun at the Armed Services YMCA "Playmornings." Spend quality time with your children and get to know other families aboard the base. Playmornings is a facilitated parent-child program to encourage bonding within and amongst families.

Enjoy crafts, games, songs and fun at various locations across the base. The program runs Mondays through Fridays from 9:30 to 11 a.m. at the following locations: Mondays at Hale Koa Beach, Tuesdays at the Youth Activities Building 5082, Wednesdays and Fridays at the Super Playground and Thursdays at Connor Loop Playground. In case of inclement weather, head to the Armed Services YMCA at Building 1638.

For more information, call 254-4719.

Looking for a Job? — Marine Corps Community Services employs more than 850 employees in retail, food and hospitality; fitness; child and youth activities; water safety; logistics and administration. Stop by the MCCS Personnel office. Get a job or career that suits your skills, schedule and style.

For more details, call 254-7619 or visit www.mccshawaii.com/jobslistings.html.



Family Child Care — Family Child Care is a home-setting, child care service provider operated by MCCS Personal Services with certified providers trained in child development, nutrition, guidance and more.

Family Child Care provides a flexible schedule including evenings, weekends, and overnight care. To find a Family Child Care Provider, call the Children, Youth and Teen Program at 257-7430. To become a Family Child Care Provider at MCB Hawaii, call FCC at 257-7030.

SM&SP



All events are open to unaccompanied E-5 and below who are active duty Marines or Sailors. The SM&SP Office is located in Building 1629, inside the Kahuna's Recreation Center. Get more details on activities at www.MCCSHawaii.com under the "Semper Fitness" icon, or call 254-7593.

Upcoming Events

SM&SP Deep-Sea Fishing Adventure: Spend the day beyond the bay, fishing with the Single Marine & Sailor Program. This open-water adventure costs only \$75 per person and includes boating fees, all the fishing equipment, and lunch. Space is limited to 10 people, so register now at the Semper Fit Office. The excursion kicks off at 6:30 a.m., and runs until 3 p.m.

Paintball Tournament: Practice now, because the SM&SP will be hosting a paintball tournament in March. Call the SM&SP for details.

SM&SP Benefits

Single Marines and Sailors of MCB Hawaii enjoy many bargains such as the following:

- At the Base Marina:** Enjoy free, unit-sanctioned "Adventure Training" with classes in scuba, power boating, water skiing and much more.

MOVIE TIME

Prices: Adults (12 and older) are \$3, children 6 to 11, \$1.50 and children 5 and younger, free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for R-rated movies in person at the box office for children 16-years-old and younger. Sunday evenings, the price is \$1 for all patrons. Show your ID card at the box office. Call 254-7642 for recorded information.

Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

Beyond the Sea (PG-13)	Today at 7:15 p.m.
Fat Albert (PG)	Today at 9:45 p.m.
White Noise (PG-13)	Saturday at 7:15 p.m.
Meet the Fockers (PG-13)	Saturday at 9:45 p.m.
Meet the Fockers (PG-13)	Sunday at 2 p.m.
White Noise (PG-13)	Sunday at 6:30 p.m.
Fat Albert (PG)	Wednesday at 6:30 p.m.
Elektra (PG-13)	Friday at 7:15 p.m.
Beyond the Sea (PG-13)	Friday at 9:45 p.m.



Lucy Moss

Just reward

Several volunteers were recognized by the Navy Marine Corps Relief Society, Monday, in a ceremony at the Hale Koa Hotel, including Kay Feegle (center, holding plaque), MCB Hawaii volunteer of the year. Celebrating with Feegle was (from left) Brig. Gen. George G. Trautman III, commanding general, MCB Hawaii; Karen Young, NMCRS chairperson; retired Admiral Charles "Steve" Abbot, NMCRS president; Patricia Perry, director of NMCRS here; Rear Adm. Michael C. Vitale, Navy Region Hawaii; and Rear Adm. William Meter Van Alford Jr., chief of staff for U.S. Pacific Command. Other winners honored in the ceremony included Denise Walker, volunteer of the year for Pearl Harbor; Tonya Hertel, Kokua Award winner for Pearl Harbor; and Addie Yates, Kokua Award winner, MCB Hawaii.

Communication is vital to happiness

Gene Thomas Gomulka

LIFELines.navy.mil/LIFELines.usmc.mil

Partners who are able to articulate and discuss their expectations, likes and dislikes, are often more successful in meeting each other's needs and finding fulfillment and happiness in their relationship. Is your partner aware of your expectations and does he or she attempt to meet them?

Just as the military prepares personnel for dangers they might face in combat, so too should couples prepare themselves for obstacles they might encounter while being married in the military. It is important that dating personnel, as well as young married military couples, talk about how they will deal with any number of issues that have weakened, and in some cases destroyed other couples' relationships.

Have you discussed, for example, how you will deal with multiple long-term separations (i.e., deployments) that can take a toll on even the best of relationships? Are you in agree-

ment about making the military a career or leaving after fulfilling an initial contract? These are but a few questions that military couples need to address and resolve in a mutual and satisfactory manner.

While it would be nice if all of our plans for the future came into being, the reality is that unexpected problems sometimes occur that test our ability to cope with certain tragedies.

Grief and pain that derive from a particular loss do not only involve the passing of a relative or friend, they can also result from being sent to a remote unaccompanied duty station while one's family remains behind; deploying when one's wife is due to give birth before the spouse's return; being transferred around the time one's child is just about to graduate from school; or being relocated to an undesirable assignment where one or both partners strongly do not want to go.

It has been said, "Happiness derives from an appreciation of who we are and what we have received. Whereas, unhappiness stems from a preoccupation with whom we are not or what

we do not have." If marriage involves both good and bad times, do you tend to look at life positively or negatively? From your perspective, is the glass half-full or half-empty?

It has also been said, "For a couple to say they are truly happy, they have to experience at least five good times for every one bad time." What ratio of good to bad times do you believe exists in your relationship? Have your number of good times to bad times grown, decreased or remained constant over the course of time?

In addition to utilizing the services of chaplains and counselors who are trained to help you cope with various challenges involved in military life, so too do various publications like The Survival Guide for Marriage in the Military offer insights that can help you not only survive, but also thrive within the military environment. Don't hesitate to avail yourself to all of the military support services that can impact your quality of life and help you achieve the happiness you seek for yourself and your loved ones.

Pro Bowl volunteers represent Corps well

Cpl. Michelle M. Dickson

Combat Correspondent

Thousands of people came out for the 2005 NFL Pro Bowl on Sunday to see what the NFL had in store for them this year. But before the event began, preparations had to be made. That's where Marines and Sailors from MCB Hawaii, Kaneohe Bay came in — They dedicated their time to make sure that spectators enjoyed the best game, ever.

The volunteers arrived on Thursday and worked until Sunday, working tirelessly for several hours to make sure speakers worked and the stage was ready for the halftime show, explained Petty Officer 1st Class Melissa Wilson, Single Marine and Sailor Program vice president who helped organize the volunteering.

"We started with over 100 volunteers," said Wilson. "Most of them worked on the stages and gave long hours all weekend."

On Thursday afternoon, the volunteers filled more than 32,000 bags with jars of bubbles and placed each bag under the seats in the Aloha Stadium. They were finished both Thursday and Friday at approximately 10 p.m.

"Filling the bags with bubbles certainly got extremely monotonous over time," admitted Cpl. Jason Lott, company clerk, Combat Assault Company, 3rd Marine Regiment.

To entice military volunteers, incentives like free lunches, free tickets to the game, and crew T-shirts were offered.

On Sunday, volunteers worked on the pre-game setup, preparing the stages and setting up speakers.

"We got to watch the first quarter of the game," said Lott, a Denver, Colo. native. "We then got ready to set up the stage for the halftime show. It was pretty neat to see that — up close — with the pyrotechnics and all."

This is the only time Lott has volunteered for the Pro Bowl but said it wouldn't be the last.

"If I was still going to be in Hawaii next year, I would definitely do it again," said the 28-year-old. "I think it was a really good experience to be able to help something like the Pro Bowl kick off."

As the Pro Bowl came to a close, Wilson said people were impressed with how the military worked that day.

"Overall, the Marines and Sailors did an excellent job out there," said Wilson. "They got everything done in a really quick and efficient manner, and the people they were working for were really impressed."

Actions of few paved road for many

Black History Month honors inspirational African Americans

Cpl. Michelle M. Dickson
Combat Correspondent

“Success is to be measured not so much by the position that one has reached in life, as by the obstacles which he has overcome while trying to succeed,” said Booker T. Washington, a well-known educator and leader of African-Americans.

Over the years, African-Americans have come a long way in the process of obtaining equal rights. Although many are familiar with the existence of Black History Month, most could not tell you who Dr. Carter G. Woodson was. As it turns out, he was the man who started it all.

Born to former slaves, Woodson earned a living by working in the Kentucky coal mines. Longing to succeed with what little was given to him, he enrolled in high school at age 20. Woodson graduated within two years and continued on to Harvard University where he earned a doctorate of philosophy.

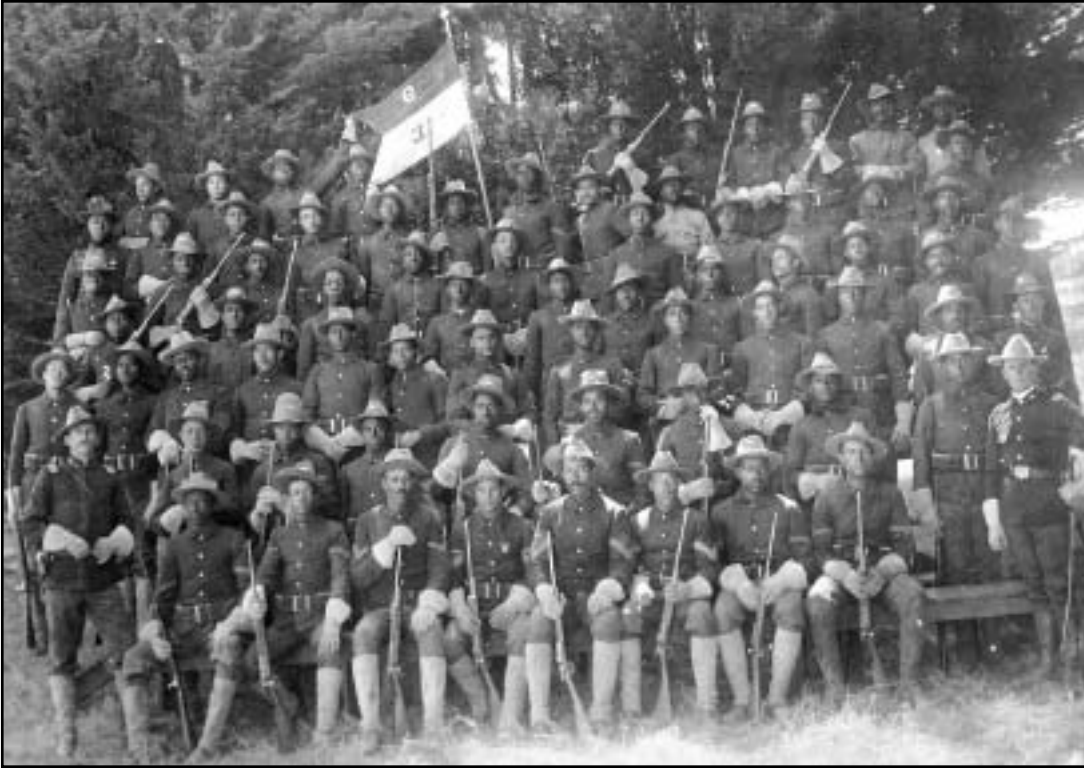
Even with the success of his education, Woodson was bothered by the fact that in the history books, there weren’t very many references to African-Americans. The references he did find, he believed, depicted African-

Americans in an inferior manner. Woodson set out to change that. The Association for the Study of Negro Life and History, which is now the Association for the Study of Afro-American Life and History, was established in 1915. A year later, the Journal of Negro History was created and widely read.

In 1926, Woodson initiated the Negro History Week as a way to recognize the contributions of African-Americans. The second week of February was chosen because supporters Frederick Douglas and Abraham Lincoln were born in February around that timeframe. Over the years, Negro History Week evolved into what is now Black History Month.

Many years ago, there were issues with allowing African-Americans into the United States military. However, the 54th Massachusetts Infantry, composed mostly of freed slaves from the Northern states, was one of the first companies to join the Union forces during the Civil War. Their success as warriors and acts of bravery did not go unrecognized. Sgt. William H. Carney became the first African-American soldier to be presented with the Congressional Medal of Honor for his actions during that war.

At the conclusion of the Civil War, congress authorized the construction of six segregated regiments in which African-American soldiers served under white officers. The cavalries were mainly located on the Great Plains and Southwest. Here, the African-American soldiers were given the nickname, “Buffalo Soldiers,” by the Cheyenne Indians because of their skill in battle and their dark complexion.



U.S. Army Military History Institute

Led by white officers, the “Buffalo Soldiers” of Troop E. 9th Cavalry reported to San Francisco’s Presidio before embarking for a 3-year war in the Philippines that began in 1899. Prior to that, members of the 9th Cavalry successfully stormed San Juan Hill alongside Theodore Roosevelt’s famed Rough Riders in Cuba, during its fight for independence from Spain in 1898.

During the mid-20th Century, more rights were gained with famous African-Americans paving the way. Perhaps among the most famous were Martin Luther King Jr. and Rosa Parks. Even today, television personalities like Oprah Winfrey have created a number of opportunities so that African-Americans can enjoy equal respect and recognition.

Liberty Bus Schedule

For more information, call Motor “T” at 257-2607.

Fridays

1st run to Waikiki
6:15 p.m., Arrive MCX Annex
6:20 p.m., Depart MCX Annex
6:25 p.m., Arrive E-Club
6:35 p.m., Depart E-Club
7:15 – 7:35 p.m., Arrive Fort DeRussy

2nd run to Waikiki
9:05 p.m., Depart MCX Annex
9:10 p.m., Arrive E-Club
9:25 p.m., Depart E-Club
10:05 – 10:25 p.m., Arrive Fort DeRussy

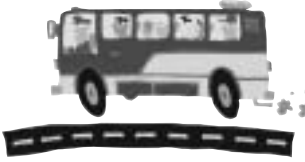
Final run to Waikiki
1:05 a.m., Depart E-Club
1:15 a.m., Arrive MCX Annex
1:25 a.m., Depart MCX Annex
2 – 2:25 a.m., Arrive Fort DeRussy

Saturdays

1st run from Waikiki
7:50 p.m., Depart Fort DeRussy
8:30 – 8:50 p.m., Arrive MCX Annex

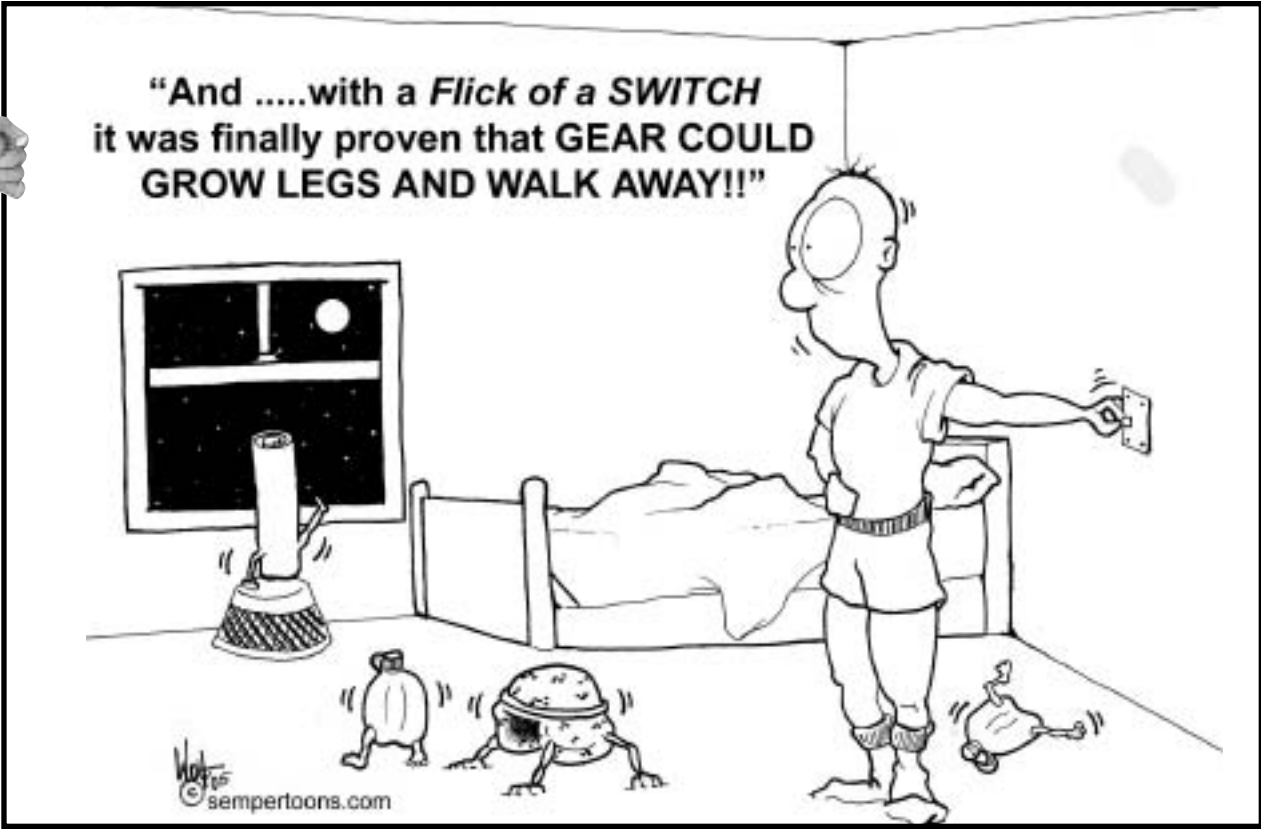
2nd run from Waikiki
12 a.m., Depart Fort DeRussy
12:40 – 1 a.m., Arrive E-Club

Final run from Waikiki
3 a.m., Depart Fort DeRussy
3:25 – 3:35 a.m., Arrive E-Club
3:40 a.m., Depart E-Club
3:45 a.m., Arrive MCX Annex



Sempertoons

By Staff Sgt. Charles Wolf



ON THE MENU		
AT ANDERSON HALL		
Friday <i>Lunch</i> Southern Fried Catfish Pepper Steak Rice Pilaf Potatoes Au Gratin Glazed Carrots Simmered Black-Eyed Peas Sugar Cookies Fruit Pies	Monday <i>Brunch/Dinner</i> Meat Loaf Pork Ham Roast Steamed Rice Mashed Potatoes French Fried Cauliflower Brown Gravy Chocolate Chip Cookies Fruit Pies	Oatmeal Cookies Strawberry Shortcake Fruit Pies
<i>Dinner</i> Roast Turkey Beef Pot Pie Mashed Potatoes Buttered Egg Noodles Calico Corn Simmered Broccoli Savory Bread Dressing Sugar Cookies Fruit Pies	Tuesday <i>Lunch</i> Simmered Corned Beef w/Mustard Sauce Honey Glazed Cornish Hens Parsley Buttered Potatoes Egg Noodles Fried Cabbage Peanut Butter Cake w/Peanut Butter Frosting Fruit Pies	<i>Dinner</i> Steak Smothered w/Onions Southern Fried Catfish Mashed Potatoes Baked Macaroni and Cheese Oatmeal Cookies Strawberry Shortcake Fruit Pies
Saturday <i>Brunch/Dinner</i> Baked Lasagna Chicken Parmesan Spaghetti Noodles Marinara Sauce Italian Mixed Vegetables Simmered Peas & Carrots Pizza Slices Garlic Bread Marble Cake w/Chocolate Icing Fruit Pies	<i>Dinner</i> Turkey Pot Pie Sweet & Sour Pork Steamed Rice Jefferson Noodles Simmered Pinto Beans Peanut Butter Cake w/Peanut Butter Frosting Fruit Pies	<i>Specialty Bar (Lunch and Dinner)</i> Country Bar
Sunday <i>Brunch/Dinner</i> Barbecue Beef Cubes Baked Turkey & Noodles Steamed Rice Ginger Molasses Cookies Spice Cake w/Butter Cream Frosting	<i>Specialty Bar (Lunch and Dinner)</i> Taco Bar	Thursday <i>Lunch</i> Turkey À La King Beef Porcupines Mashed Potatoes Boiled Egg Noodles French Fried Okra Marble Cake w/Chocolate Cream Frosting Pineapple Upside-Down Cake Fruit Pies
	Wednesday <i>Lunch</i> Pork Adobo Beef Yakisoba Pork Fried Rice Vegetable Stir Fry	<i>Dinner</i> Braised Liver w/Onions El Rancho Stew Honey Ginger Chicken Rice Pilaf Boiled Egg Noodles Marble Cake w/Chocolate Cream Frosting Pineapple Upside-Down Cake Fruit Pies
		<i>Specialty Bar (Lunch and Dinner)</i> Taco Bar

Consumers urged to use paper bags

Rising oil prices make paper bags more feasible than plastic

Bonnie Powell
Defense Commissary Agency

FORT LEE, Va. — Shopping in the commissary can save military families 30 percent or more. Now, customers can help commissaries in the United States hold the line on supply costs by asking customers to “just say no” to double bagging and say “paper please” when they get to the register. With more than 92 million customer transactions per year, grocery bags cost commissaries nearly \$20 million annually. The cost of plastic bags has risen more than 30 percent in the last two years due to the rise in oil prices, which directly affects the cost of manufacturing plastic bags.

“Every extra dollar we spend on bags is a dollar we may not have for payroll or other commissary services,” said Patrick B. Nixon, acting director and chief executive officer. “Customers can help DeCA control costs by switching to paper bags and eliminating double bagging.”

Baggers, who are not employees of DeCA, will be given fact sheets informing them of the costs of double bagging and plastic to encourage them to participate in the effort to hold the line on rising

costs. Statistics show that commissaries currently use 80 percent plastic to 20 percent paper. DeCA officials want to see those percentages reversed. “Several years ago the plastic was less expensive so we encouraged going with plastic bags,” said Nixon. “Now paper is the more economical choice.”

Customers who want plastic or double bags will be accommodated, but “we hope customers are interested in helping their commissary hold down costs,” said Scott Simpson, chief operating officer for the Defense Commissary Agency. “We hope when they get to the register they’ll say ‘no’ to double bagging and ‘yes, paper please’ to their bagger.”

The awareness campaign to encourage customers to switch to paper bags is only taking place in U.S. commissaries because the cost of shipping the much bulkier paper bags to Europe and the Far East out-

weighs any savings obtained by switching to paper. The campaign to reduce double bagging is worldwide.

The Defense Commissary Agency operates a worldwide chain of nearly 275 commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of 30 percent or more on their purchases compared to commercial prices — savings worth more than \$2,700 annually for a family of four.



Word to Pass

KOSC to Auction Art
There will be an art auction Saturday from 6 to 10 p.m. at The Officers’ Club here. Artwork to be auctioned off will be provided by Pictures Plus. Advance tickets are \$12 and \$15 for tickets at the door. Cash bar and pupus are available at 6 p.m. and the auction begins at 7:30 p.m.
For more information, see your unit representative or call Beth at 254-9779 or Kathy at 254-7057.

Problem-Solving Workshop
The Prevention and Relationship Enhancement Program will hold a free workshop Saturday from 9 a.m. to 4 p.m.
The program is a communication and problem-solving skills workshop for married and engaged couples. It will be held at the Base Chapel, Building 1090. Materials and lunch are provided free of cost.
To sign up or for more information, contact Chaplain Nazario at 257-3552 ext. 23.

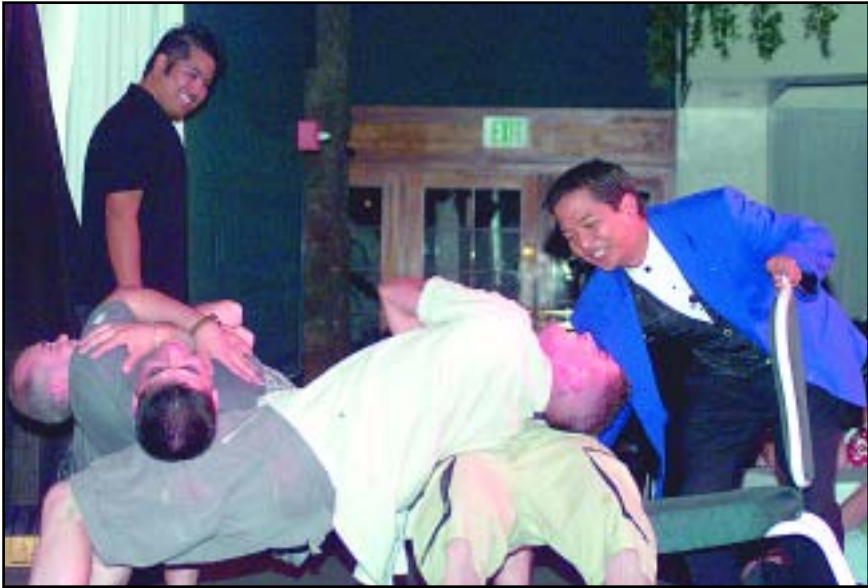
Motorsport Enthusiasts to Embark on Capitol Cruise
From drag racers to motorcycle racers, all motorsport enthusiasts are encouraged to participate in Monday’s cruise around the State Capitol at noon until 2 p.m. Come down and show your support for a larger racing facility to attract professional-level racing events to Hawaii.
MCB Hawaii Motorcycle Association Vice President, Staff Sgt. Mark Ferguson, will meet all those interested in joining the cruise at the lookout just outside the MCB Hawaii front gate at 11 a.m. for a 11:10 a.m. departure. From there, participants will drive/ride to the Leeward side to meet with other participants, before heading to the Capitol. After the rally, everyone is invited to cruise

around Diamond Head, through “13 turns,” and up the H-3, before going their separate ways.
For more information, call Petty Officer 1st Class Tim Chrockrem at 257-0509 ext. 8313.

National Prayer Breakfast Scheduled
The National Prayer Breakfast will be held on Thursday at the Anderson Dining Facility, Building 1089. MCB Hawaii Deputy Commander, Col. Richard Roten, will be the guest speaker. The program will begin at 6:30 a.m.

Hale Koa invites Families to Annual Easter Celebration
After the eggs have been found and the Easter Bunny has left his baskets, gather the family head on down to the Hale Koa where you will enjoy Easter Dinner or a buffet at one of Hale Koa’s restaurants.
Reservations start Feb. 22. For more information, call 955-0555 ext. 546.

Waikiki Aquarium Introduces Animal-of-the-Month
Taking its place front and center as Waikiki Aquarium’s February Animal-of-the-Month is the long-spined sea urchin, or wana. Throughout the month of February, Aquarium visitors will enjoy programs surrounding this spiny creature, including exhibit displays, docent talks, fun facts and kids’ tattoos.
The wana is the last of 12 marine creatures that are being featured throughout the Aquarium’s centennial year as part of its Aquarium Animal-of-the-Month program. A new list of animals will be showcased monthly, beginning in March. The Aquarium Animal-of-the-Month highlights include docent talks at 10



Cpl. Megan L. Stiner

Hale Koa will honor the Month of the Military Child April 12 with special Magic in Paradise Show. Tickets go on sale March 14.

a.m. every Saturday as well as free Animal-of-the-Month tattoos the first 2,000 children to visit the Aquarium each month.
The Waikiki Aquarium is open daily from 9 a.m. to 4:40 p.m. Admission is \$9 for visitors; \$6 for local residents, active-duty military with ID, students with ID and seniors; \$4 for youths ages 13 to 17; \$2 for juniors ages 5 to 12 and persons with disabilities; and free to children ages 4 and under.
For more information, call 923-9741 or visit the Waikiki Aquarium online at www.waquarium.org.

Magic in Paradise Show at the Hale Koa April 12
April is Month of the Military Child. Help the Hale Koa honor the children of our Warriors who, in the past year have had to be strong and courageous yet still try to enjoy being a child. Hale Koa honors them with a special Magic in Paradise Show,

April 12. Tickets go on sale March 14. Call 955-0555 ext. 546 for your tickets, today.

Hale Koa Honors Keiki with Magic in Paradise Show
April is Month of the Military Child. Help the Hale Koa honor the children of our warriors who, in the past year, have had to be strong and courageous yet still try to enjoy being a child. Hale Koa will be honoring them with a special Magic in Paradise Show, April 12.
Tickets go on sale March 14. Call 955-0555 ext. 546 for your tickets, today.

“Lord of the Dance” Comes to Blaisdell Concert Hall
Michael Flatley’s “Lord of the Dance,” the theatrical extravaganza that has helped catapult Irish dancing into the global spotlight, is coming to the Neal S. Blaisdell Concert Hall April 29 to May 8 for 10 per-

formances, only.
Jam Theatricals is offering special discounts for groups of 20 or more to enjoy the show and is especially targeting schools, dance companies and those of Irish heritage, offering tickets at 10 percent off. The regular price per performance is as follows: Friday, Saturday and Sunday nights are \$44.25 and \$53.25; Wednesday and Thursday evenings, and Saturday and Sunday matinees are \$39.75 and \$48.75.
For more information or for group discounts, call 732-7733.

Marine Mustangs to Muster in San Antonio
They call it a “Mustang Muster” when members of the Marine Corps Mustang Association get together for their annual meetings and reunion. Almost 20 years old and 1,500 members strong, the Mustangs plan to hold this year’s Muster in San Antonio from Sept. 25 to Sept. 28 at the La Mansion Del Rio Hotel, located directly on the River Walk just two blocks from the Alamo.
To qualify for “Mustang” designation, a Marine, man or woman, must have begun his or her service in the Marine Corps or Marine Corps Reserve as an enlisted Marine and subsequently earned promotion to Warrant or Commissioned Officer grade. Although many members are retired Marines, membership is open to all Marine Mustangs, including those on active duty, in the reserves and veterans.
Membership information and application forms are available from National Headquarters, Marine Corps Mustang Association, Inc., 6025 Stage Road, Suite 42-242, Memphis, TN 38134-8377, or by calling Lt. Col. David Brunstad, USMC (Ret), toll-free at (866) YES-MCMA (937-6262) or by e-mailing MustangBusMgr@aol.com.

MCB Hawaii Chapel

Lent and Holy Week Schedule

Every Friday — Stations of the Cross

Through March 18

5:30 p.m. Stations of the Cross

6 p.m. Meager Meal

7 p.m. Stations of the Cross

March 19 and 20 — Palm Sunday

5 p.m. (Saturday) Roman Catholic Holy Mass

8 a.m. (Sunday) Protestant Liturgical Service

9:30 a.m. (Sunday) Roman Catholic Holy Mass

11 a.m. (Sunday) Protestant Contemporary Service

7:30 p.m. (Sunday) Ecumenical Living Last Supper Drama

For more information, call the Base Chapel at 257-3552.

MARINE MAKEPONO

HAWAIIAN FOR
“MARINE BARGAINS”

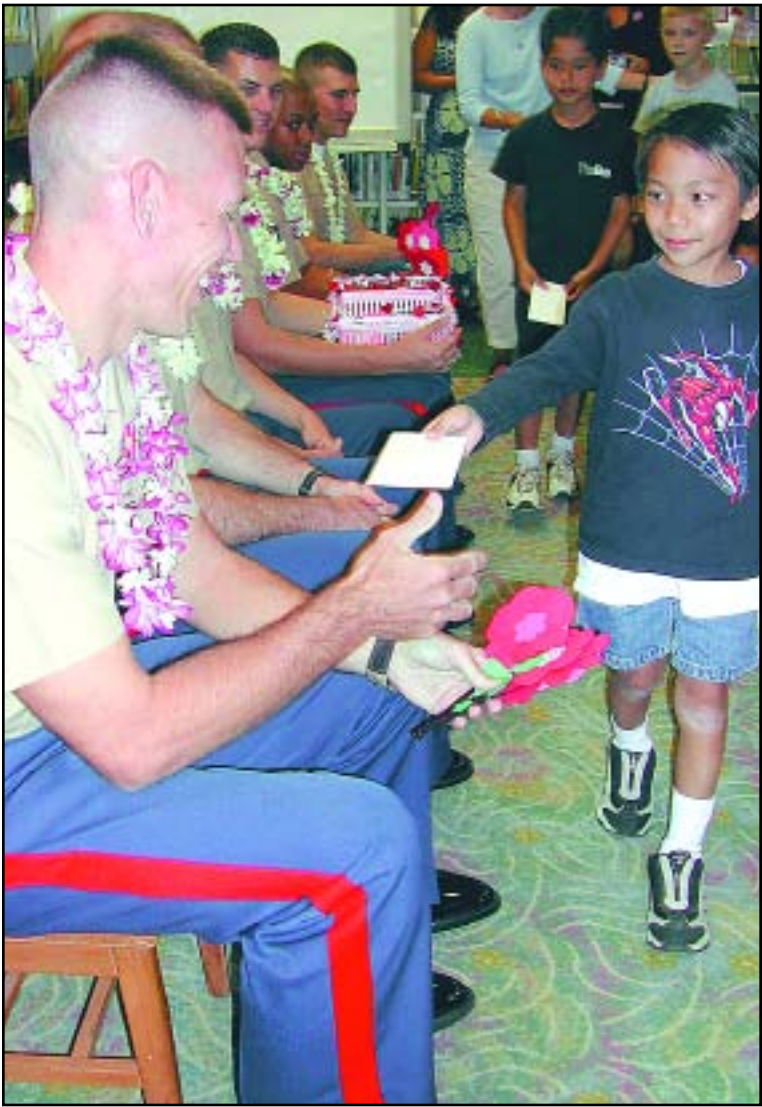
Automobiles
'98 Pontiac Grand Am SE, in good condition, must sell — deploying soon. Asking \$4,000 OBO. Call 620-0456.

'99 Lexus RX300, black, 78k miles, in great condition, fully loaded. Asking \$18,500 OBO. Call Joe at 257-8834.

Furniture
Bassett Loveseat, like new, palm green, \$300; dual reclining loveseat, \$300; three living room tables, \$150; computer desk, \$40. Call 779-3937 or 689-5150.

Miscellaneous
Kayak, \$375; Hawaiian Gold Discount Card valid through June, bought for \$30 will sell for \$10; 24-inch girl's bicycle, \$30; and GameBoy Advance (not SP), \$30. Call 262-8789.

For more information, call the **Hawaii Marine** office at 257-8836 or 257-8837.



Sgt. Joseph A. Lee



Sgt. Joseph A. Lee

Special delivery

Above — Gunnery Sgt. Charles E. Owen, logistics chief, Headquarters Battalion, helps students from Puohala Elementary School load up the dozens of Valentine's Day baskets donated to the families of deployed MCB Hawaii Marines, Monday. (From left) Puohala Elementary fifth graders Kristen Burge, Nakita Charles and Dallas Conn were just a few of the many children and community members who wrapped and donated presents to the Marines.

Left — Lt. Col. James Connelly, commanding officer, Headquarters Battalion, MCB Hawaii, accepts a valentine letter from Kalani Kakau, a Puohala Elementary student in Mrs. Mijo's second grade class. Marines accepted gifts and enjoyed songs sung by the Puohala Elementary School children.